

Recipes used at the Making the Most of Moorlands wild fungi and food forage in September 2011.

Sautéed Squirrel with Chanterelle mushrooms

2 grey squirrels, skinned and gutted, chopped into quarters
1 tablespoon flour
200ml (7floz) red wine
2 tablespoons unsalted butter
1 onion, finely chopped
1 clove garlic, finely chopped
2 tablespoons pancetta
1 tablespoon chopped fresh thyme
½ bay leaf
1 teaspoon lemon zest
Salt
Pinch cayenne pepper

For the mushrooms:

59g (1oz) unsalted butter
1 shallot, finely chopped
1 garlic clove, finely chopped
100g (4oz) chanterelle mushrooms
Salt
Pepper
2 tablespoons chopped flat leaf parsley, plus extra to serve

Dredge the squirrel pieces in the flour and set aside. Warm the wine in a saucepan.

Heat the butter in a frying pan over a medium heat and fry the onion and garlic for 2-3 minutes, or until softened. Add the pancetta and squirrel pieces and fry for 4-5 minutes, turning regularly, until golden brown all over.

Add the warmed wine, thyme, bay leaf and lemon zest to the sauce pan containing the squirrel and simmer for 5-10 minutes or until the squirrel is cooked through. Season, to taste, with salt and a pinch of cayenne pepper.

Meanwhile, for the mushrooms, heat the butter in a frying pan over a medium heat and fry the shallot, garlic and mushrooms for 4-5 minutes, or until golden brown. Season with salt and pepper and stir in the parsley.

To serve, place the cooked squirrel onto serving plates and spoon the mushrooms over and garnish with chopped parsley.

Spinach and hazelnut with raspberry balsamic vinaigrette

60ml (2floz) olive oil
60ml (2floz) balsamic vinegar
2 tablespoons sugar-free raspberry preserve
Freshly ground pepper
125g (5oz) cups torn fresh spinach
1 cos lettuce
25g (1oz) chopped hazelnuts
50g (2oz) raisins
½ small red onion, thinly sliced
1 ripe avocado, sliced

In a small bowl, whisk together the olive oil, balsamic vinegar, raspberry preserve and black pepper. In a large bowl, toss together the spinach, lettuce, hazelnuts, raisins and red onion. Drizzle the salad dressing over the salad and toss gently to combine. Serve topped with sliced avocado.

Goat Kebabs

- 1 1/2kg (3lb goat leg meat
- 1 clove garlic, crushed
- 1 tin pineapple cubes in juice
- 2 red peppers
- 2 tablespoons soy sauce
- 2 tablespoons lemon juice

Cut the steak into 5cm (2in) cubes, drain the pineapple and put aside the juice for marinade. Remove the seeds from the peppers and cut the flesh into 5cm (2in) pieces. Combine 250ml (1/2 pt) of pineapple juice with the soy sauce, lemon juice and garlic. Add the meat and stir well. Allow to marinate for at least 2 hours. Thread the meat on skewers, alternating it with pineapple and peppers. Grill or barbecue for 10 minutes or until tender, basting frequently with marinade.

Rabbit with Prunes and Mustard

675g (1 ½) rabbit pieces
1 tablespoon plain flour
1 tablespoon vegetable oil
1 tablespoon butter
1 onion, chopped
175g (6oz) prunes
100g (4oz) fromage frais
1 tablespoon Dijon mustard

Place the rabbit pieces in a polythene bag with the flour and shake to coat evenly.

Heat the oil and butter in a large pan and fry until golden brown all over.

Add the onion and prunes to the pan and pour over enough water to cover.

Season generously and simmer for 45 minutes until the rabbit is tender.

Remove the rabbit with a slotted spoon and keep warm. Stir the fromage frais and mustard into the pan and simmer until reduced slightly. Spoon the sauce over the rabbit and serve with mashed potatoes and broccoli or green beans

Bramble Muffins

200g (8oz) plain flour
1 teaspoon baking powder
½ teaspoon salt
50g (2oz) sugar
60g (2 ½ oz) butter, melted and cooled
1 large egg beaten
200ml (8floz) milk
175g (7oz) brambles

Preheat the oven to 200 °C (400°F/Gas mark 6). Line a muffin pan with paper muffin cups or spray with spray oil. If you have a twelve-hole muffin tin, fill the two empty cups halfway with water (this makes the muffins moist). Sift the flour, baking powder, and salt into a large bowl. Stir in the sugar. In another bowl, mix together the melted butter, egg and milk. You can also use an electric hand mixer. Pour the wet ingredients over the dry ingredients and whisk until just blended (the mixture should be slightly lumpy).

Add the washed brambles to the bowl and stir them in just enough to combine. Divide the batter evenly among the prepared muffin cups. Bake the muffins until golden, for about 20-25 minutes. Remove the muffins from the pan and transfer to a wire rack to cool. Blackberry muffins are best served warm.

Pumpkin and mushroom soup

400g (1lb) pumpkin (weight after peeling), small chunks
1lt (2pt) vegetable stock
200g (8oz) mushrooms, sliced
Salt
Pepper
2 tablespoons mushroom sauce
3 tablespoons mushroom sauce
3 teaspoon cornflour, mixed with 2 tablespoons water
Chopped coriander, for garnish

Place the pumpkin and vegetable stock into a large saucepan. Cook until the pumpkin is tender, about 20 minutes.

Transfer to a blender or food processor and blend until smooth. Return the puree to the saucepan add the mushrooms and bring to a boil. Simmer for 10 minutes. Season to taste with salt, pepper, mushroom sauce and thicken with the cornflour. Ladle the soup into individual serving bowls, garnish with fresh coriander and serve.